

## Effects of Social Psychology on Racism and Its Impact on Mental Health

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### DESCRIPTION

Racism can have a harmful impact on young people who identified as Non-Dominant Racial or Ethnic (NDRE) and those who work with young people. The Society for Adolescent Health and Medicine acknowledges the urgent need to address racism and its effects on both NDRE youth and youth-serving clinicians in light of rising nationalism, ethnocentrism, xenophobia, and overt acts of racism. Organizations involved in clinical care delivery and health professions training and education must acknowledge the detrimental effects of racism on health and wellbeing, have taken stands against discriminatory laws, practices, and activities, and have taken steps to advance safe and affirming environments. The positions also take into account that the needs of NDRE professionals, trainees, and students who may be adversely affected by racism, chronic minority stress, and vicarious trauma, as well as the necessity of establishing safe and affirming work and learning environments at all levels of professional practice, training, and education in the health professions. The Society for Adolescent Health and Medicine affirms its adherence to the fundamental moral and ethical principles of justice, equity, and respect for humanity. It also acknowledges racism in all of its manifestations, defines strategies to best promote resilience and support the health and well-being of NDRE youth, providers, trainees, and students, and offers recommendations on how to best bring about systemic change. After the global economic crisis of 2008 and the rising migration of people from nations recently traumatized by war and starvation, there has been a significant shift from globalism to nationalism. A growing number of nations are adopting a variety of political, social, and economic policies that place a high priority on upholding individual rights and preserving national identities based on shared traits of the dominant ethnic groups, such as culture, language, race, and

religion, as evidence of this shift. With this change, there has been an upsurge in crimes committed against young people from immigrant and refugee backgrounds, as well as minority cultural and linguistic groups, which has an impact on hundreds of millions of young people worldwide.

### Racism effects on mental health

People of color are much more likely to encounter adverse life circumstances like abuse, jail, unemployment, and poverty. Black and minority contributions in history and culture are frequently overlooked in the society. Popular television shows and movies frequently highlight the derogatory racial stereotypes, and some well-known politicians support violent, vile discrimination. The black and minority populations also suffer the most when a calamity strikes, as was the case with the global coronavirus pandemic and its economic repercussions occurs. There are more subtle types of racism that are present in everyday life. The pervasive "micro-aggressions" can leave the person feel emotionally scarred, ostracized, overburdened with stress, and devalued as a person.

### CONCLUSION

Racism is pervasive and can manifest itself in a variety of ways, many of as discriminatory actions, beliefs, and unjust policies that are embedded in education, the workplace, the economy, housing, the criminal justice system, and health care. The cause of profound pain, harm, and humiliation in members of the target group, often leading to despair and exclusion. Health disparities have been identified among racial minorities, who face discrimination on a regular basis. Racism has an impact on mental health by causing chronic stress, which leads to behavioural issues such as anxiety, depression, irritability, hostility, and avoidance. Racism has been identified as a major contributor to inequities.

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